“*For we were so utterly burdened beyond our strength that we despaired of life itself. Indeed, we felt that we had received the sentence of death. But that was to make us rely not on ourselves but on God who raises the dead.” -2 Corinthians 1:8-9*

These words reveal God’s perspective given to the Apostle Paul in the midst of his various and severe afflictions. They also reveal the grand reality behind the curtain of our current shared afflictions. The God who raises the dead desires to use our current plight to train us to rely on Him and not ourselves. He wants to help us live according to His design for us: in complete dependence on Him so that we may glorify and enjoy Him now and forever! One of the primary ways His people display their reliance on Him is by fellowshipping with Him in prayer.

**Please join Grace Church in our *21 Days of Prayer* leading up to Easter!**

* **Pray** that God would glorify Himself by helping us, His church, to love Jesus, love one another, and love His world during this time. In order to help us achieve this, please pray for the following provisions (for us and for our neighbors, Christian and non-Christians alike): Sobriety, Humility, Repentance, Trust, Dependence, Strength, and Peace.
* **Pray for specific needs:** the welfare of local small businesses, health for our households and neighbors, protection for the elderly and pregnant mothers, recovery for those infected locally and globally, restoration of depleted retirement funds because of the market fall, meeting needs for people not getting paid leave, quieting fears for the future, and for children staying home from school (and the parents that are caring for them).
* We also encourage you to **set apart** **one** **day** and commit yourself to fasting and intentional prayer. You can create a fast that is tailored to you. You can abstain from all food or something as simple as coffee, desert, your phone or the news. Be creative! And consider fasting with us on Monday March 23rd, Good Friday (April 10th), and/or on your chosen day of prayer.
* Spend **one hour** during that day praying through the **prayer guide**. You can do this on your own, with a friend, your family, or with a small group.

**The following prayer guide** is structured using the “A.C.T.S.” acronym, which highlights four vital components of prayer including: adoration, confession, thanksgiving, and supplication (or “making requests”). With each component, you will find the following aids that you can pray through: 1) A few Scripture verses 2) A written prayer 3) A liturgy to pray with another person 4) A few prompts to help you pray your own words and 5) a couple of hymns to sing or pray (YouTube link attached in title).

Finally, we will be having a **live online prayer meeting every Sunday morning at 8:00AM** that you can join [HERE](https://us04web.zoom.us/j/122018343).

Thank you for joining us in praying to our God, “the Father of Mercies and the God of ALL Comfort, who comforts us in ALL our afflictions...” -The Prayer Team Leaders

**ADORATION**

* **Pray Scripture**

“Ascribe to the Lord, O families of the peoples,
    ascribe to the Lord glory and strength!
Ascribe to the Lord the glory due his name;
    bring an offering and come before him!
Worship the Lord in the splendor of holiness;
   tremble before him, all the earth;
    yes, the world is established; it shall never be moved.
Let the heavens be glad, and let the earth rejoice,
    and let them say among the nations, “The Lord reigns!”

Let the sea roar, and all that fills it;
    let the field exult, and everything in it!
Then shall the trees of the forest sing for joy
    before the Lord, for he comes to judge the earth.
Oh give thanks to the Lord, for he is good;
    for his steadfast love endures forever!” (1 Chronicles 16:28-34)

“Great is the Lord and greatly to be praised in the city of our God!
His holy mountain, beautiful in elevation, is the joy of all the earth,
Mount Zion, in the far north, the city of the great King.
Within her citadels God  has made himself known as a fortress….

Walk about Zion, go around her, number her towers,
consider well her ramparts, go through her citadels,
that you may tell the next generation that this is God,
our God forever and ever. He will guide us forever.” (Psalm 48: 1-3;12-14)

“God is our refuge and strength,
    a very present help in trouble

Therefore we will not fear though the earth gives way,
    though the mountains be moved into the heart of the sea,
though its waters roar and foam,
    though the mountains tremble at its swelling. *Selah*

There is a river whose streams make glad the city of God,
    the holy habitation of the Most High.
God is in the midst of her; she shall not be moved;
    God will help her when morning dawns.
The nations rage, the kingdoms totter;
    he utters his voice, the earth melts.
The Lord of hosts is with us;
    the God of Jacob is our fortress.” (Psalm 46:1-7)

* **Pray a Prayer of Adoration Pray a Liturgy of Adoration with Another**

MY GOD, Thou hast helped me to see,
      that whatever good be in honor and
  rejoicing, how good is he who gives them, and can withdraw them;
  that blessedness does not lie so much
    in receiving good from and in thee,
    but in holding forth thy glory and virtue; that it is an amazing thing to see Deity in a creature, speaking, acting,
    filling, shining through it;  that nothing is good but thee, that I am near good when I am near thee,  that to be like thee is a glorious thing:
This is my magnet, my attraction.
Thou art all my good in times of peace,
  my only support in days of trouble,
  my one sufficiency when life shall end.
Help me to see how good thy will is in all, and even when it crosses mine
  teach me to be pleased with it.
Grant me to feel thee in fire, and food and every providence,
  and to see that thy many gifts and creatures are but thy hands and fingers taking hold of me.
Thou bottomless fountain of all good,
  I give myself to thee out of love,
    for all I have or own is thine,
    my goods, family, church, self,
  to do with as thou wilt,
  to honor thyself by me, and by all mine. If it be consistent with thy eternal counsels, the purpose of thy grace,
  and the great ends of thy glory,
  then bestow upon me the blessings of
    thy comforts;
If not, let me resign myself to
  thy wiser determinations.[[1]](#footnote-1)

Leader: Our thoughts of you, O Lord, have been too small, too few-

For seldom have we considered how specific is the exercising of your authority, extending as it does into the myriad particulars of creation.

**People: There is no quarter over which you are not King.**

And as creation hurtles toward its liberation and redemption, the full implication of your deep Lordship are yet to be revealed in countless facets unconsidered:

**Christ, you are the snow King.**

**You are the Maker of All Weather.**

**You are the King of Sunlight and Storms, The King of Great Skies and Rain. You are the Rain King, The Sun King, The Hurricane King. You are the King of Autumn and**

**King of Spring.**

The old impotent gods our ancestors once believed in were, at their best, but imperfect pictures of you, whose strength and goodness and creative majesty and wonderful mystery and love exceed those old rumors as sunlight exceeds the tiny dimness of stars reflected in a dark and wavering pool.

The fairy tales crafted by our old cultures hinted at you, though they knew it not. Yet their perfect princes and blessed ends were yearnings for all that has found fulfillment in you.

**You are the King of the Harvest. The Grain King, The Wine King, the God of Plenty, the God of Hearth and Home. You are the Hill King, the Wildflower King, King of great Bears, King of Canyons.**

You are the Monarch of Meadows,

The Lord of the Lava fields,

Ruler of the Desert Waves, the Polar King, the Rainbow King, the King of the Southern Cross, and the King of the Northern Lights.

**You are the King of Rabbits, and the Lord of Tall Trees.**

**You are the God of Youth and the God of Age.**

**You are the Acorn King, The River God, The Swamp King,**

**King of Glades, King of Dells,**

 **Ruler of Hummingbirds.**

You are the Horse Lord, the Crag King, Lord of Bees, King of the Walruses, Commander of Rhinos, Lord of the Lightning Bugs,

**Cave Lord,**

**Mountain King,**

**Ruler of the Grassy Plains,**

**God of the Valleys.**

You are the Captain of the Clouds,

The Wolf King,

The King of the Cockatoos.

**And our thoughts of you, O Lord, have been too small, too few.**

For your claim over creation is vast. You are the Lord of Antarctica, the King of California, the King of the Scottish Hills, and the King of the Nile.

**You are the weaver of the unseen fabrics of the world. You are the Lord of the Atoms, the Ruler of Electrons,**

 **the Lord of Gravity,**

**the King of Quarks.**

Your dominion enfolds the earth and rises beyond it to the furthest extremes of the stars. You are the Lord of the Vast Empty Spaces. You are the King of the Constellations, the Black Hole King, Lord of Novas Exploding, Lord of Speeding Light, High King of Galaxies, King of Orion, King of the Moon.

**And still, even still, our thoughts of you have been too small, too few.**

You are the God of Justice,

The God of Wisdom,

The God of Mercy,

The God of Redemption

**You are the Lord of Love.**

All of this is true.

But our thoughts of you are still too few,

for our minds are too small to conceive of them all, let alone to contain them.

**You were before all things, you created all things, and in you all things are held together. There is no corner of creation**

 **you will fail to redeem.**

You are the Lord of Lords,

And King of Kings,

**O Christ,**

**Our King of Everything.**

**Amen[[2]](#footnote-2)**

* **Pray Your Own Words of Adoration**

Father, I praise you because you are

Jesus, I treasure you because you are

Spirit, I adore you because you are

* **Pray a Hymn of Adoration**

*[Great is Thy Faithfulness](https://www.youtube.com/watch?v=2eQ1oal44wU)*

*Great is Thy faithfulness
O God my Father
There is no shadow of turning with Thee
Thou changest not
Thy compassions they fail not
As Thou hast been
Thou forever will be*

*Great is Thy faithfulness
Great is Thy faithfulness*

 *Morning by morning new mercies I see
And all I have needed Thy hand hath provided
Great is Thy faithfulness
Lord unto me*

*Pardon for sin
And a peace that endureth
Thine own dear presence to cheer
And to guide
Strength for today
and bright hope for tomorrow
Blessings all mine, with ten thousand beside*

*Great is Thy faithfulness
Great is Thy faithfulness*

 *Lord every morning new mercies I see
And all I have needed Thy hands hath
provided*

 *Great is Thy faithfulness
Great is Thy faithfulness
Great is Thy faithfulness
Lord unto me*

*[Holy, Holy, Holy](https://www.youtube.com/watch?v=dz22jPDaCTA)*

*Holy, holy, holy! Lord God Almighty!
Early in the morning our song shall rise to Thee;
Holy, holy, holy, merciful and mighty!
God in three Persons, blessed Trinity!*

*Holy, holy, holy! All the saints adore Thee,
Casting down their golden crowns around the glassy sea,
Cherubim and seraphim falling down before Thee,
Who wert and art, and evermore shalt be.*

*Holy, holy, holy! Though the darkness hide Thee,
Though the eye of sinful man Thy glory may not see;
Only Thou art holy; there is none beside Thee,
Perfect in power, love, and purity.*

*Holy, holy, holy! Lord God Almighty!
All Thy works shall praise Thy name in earth and sky and sea;
Holy, holy, holy, merciful and mighty!
God in three Persons, blessed Trinity!*

**CONFESSION**

* **Pray Scripture**

**“**When I shut up the heavens so that there is no rain, or command the locust to devour the land, or send pestilence among my people, if my people who are called by my name humble themselves, and pray and seek my face and turn from their wicked ways, then I will hear from heaven and will forgive their sin and heal their land…But if you turn aside and forsake my statutes and my commandments that I have set before you, and go and serve other gods and worship them,then I will pluck you up from my land that I have given you, and this house that I have consecrated for my name, I will cast out of my sight, and I will make it a proverb and a byword among all peoples. And at this house, which was exalted, everyone passing by will be astonished and say, ‘Why has the Lord done thus to this land and to this house?’ Then they will say, ‘Because they abandoned the Lord, the God of their fathers who brought them out of the land of Egypt, and laid hold on other gods and worshiped them and served them. Therefore, he has brought all this disaster on them.’” (2 Chronicles 7:13-14; 20-22)

“With the merciful you show yourself merciful; with the blameless man you show yourself blameless; with the purified you deal purely, and with the crooked you make yourself seem tortuous. You save a humble people, but your eyes are on the haughty to bring them down.” (2 Samuel 22:26-28)

“Who has spoken and it came to pass, unless the Lord has commanded it?
Is it not from the mouth of the Most High that good and bad come?
Why should a living man complain, a man, about the punishment of his sins?

Let us test and examine our ways, and return to the Lord!
Let us lift up our hearts and hands to God in heaven:
“We have transgressed and rebelled, and you have not forgiven.”

(Lamentations 3:37-41)

“Gather together, yes, gather, O shameless nation,
before the decree takes effect—before the day passes away like chaff—
before there comes upon you the burning anger of the Lord,
before there comes upon you the day of the anger of the Lord.
Seek the Lord, all you humble of the land, who do his just commands;
seek righteousness; seek humility; perhaps you may be hidden
on the day of the anger of the Lord.” (Zephaniah 2:1-3)

* **Pray a Prayer of Confession**

***Pray a Liturgy of Confession***

O LORD OF GRACE, I have been hasty and short in private prayer,
O quicken my conscience to feel this folly, to bewail this ingratitude; My first sin of the day leads into others, and it is just that thou shouldst withdraw thy presence from one who waited carelessly on thee. Keep me at all times from robbing thee, and from depriving my soul of thy due worship; Let me never forget that I have an eternal duty to love, honour and obey thee, that thou art infinitely worthy of such; that if I fail to glorify thee. I am guilty of infinite evil that merits infinite punishment, for sin is the violation of an infinite obligation.
O forgive me if I have dishonoured thee,
Melt my heart, heal my backslidings,
and open an intercourse of love. When the fire of thy compassion warms my inward man, and the outpourings of thy Spirit fill my soul, then I feelingly wonder at my own depravity, and deeply abhor myself; then thy grace is a powerful incentive to repentance, and an irresistible motive to inward holiness. May I never forget that thou hast my heart in thy hands. Apply to it the merits of Christ’s atoning blood whenever I sin.
Let thy mercies draw me to thyself.
Wean me from all evil, mortify me to the world, and make me ready for my departure hence animated by the humiliations of penitential love.
My soul is often a chariot without wheels, clogged and hindered in sin’s miry clay; Mount it on eagle’s wings and cause it to soar upward to thyself.[[3]](#footnote-3)

Jesus, here I am again, desiring a thing that were I to indulge in it would war against my own heart, and the hearts of those I love.

O Christ, rather let my life be thine!

Take my desires. Let them be subsumed in still greater desire for you, until there remains no room for these lesser cravings.

In this moment, I might choose to indulge a fleeting hunger, or I might choose to love you more.

Faced with this temptation, I would rather choose you, Jesus- but I am weak. So be my strength. I am shadowed. Be my light. I am selfish. Unmake me now, and refashion my desires according to the better designs of your love.

Given the choice of shame or glory, let me choose glory. Given the choice of this moment or eternity, let me choose this moment what is eternal. Given the choice of this easy pleasure, or the harder road of the cross, give me grace to follow you, knowing that there is nowhere apart from your presence where I might find the peace I long for, no lasting satisfaction apart from your reclamation of my heart.

Let me build, then, my King, a beautiful thing by long obedience, by the steady progression of small choices that laid end to end will become like the stones of a pleasing path stretching to eternity and unto your welcoming arms and unto the sound of your voice pronouncing the judgment: “*Well Done.”[[4]](#footnote-4)*

* **Pray Your Own Words of Confession**

Lord, I confess to you that I have or have not . Lord, have mercy.

Lord, I admit that I have thought . Lord, have mercy.

Lord, I confess that I have loved or wanted . Lord, have mercy.

* **Pray a Hymn of Confession**

*[Lord Have Mercy (For What We Have Done](https://www.youtube.com/watch?v=IsYEwXwnQXM)****[)](https://www.youtube.com/watch?v=IsYEwXwnQXM)***

*For what we have done and left undone
We fall on Your countless mercies
For sins that are known and those unknown
We call on Your name so holy
For envy and pride, for closing our eyes
For scorning our very neighbor
In thought, word, and deed, we've failed You, our King
How deeply we need a Savior*

*Lord have mercy, Christ have mercy
Lord have mercy on us
Lord have mercy, Christ have mercy
Lord have mercy on us*

*For what You have done, Your life of love
You perfectly lived, we praise You
Though tempted and tried, You fixed Your eyes
You finished the work God gave You
And there on the tree, a King among thieves
You bled for a world's betrayal
You loved to the end, our merciful friend
How pure and forever faithful*

*Lord have mercy, Christ have mercy
Lord have mercy on us
Lord have mercy, Christ have mercy
Lord have mercy on us x2*

 *For scorning our very Maker
In thought, word, and deed, we've failed You, our King*

*How deeply we need a Savior*

*Lord have mercy, Christ have mercy
Lord have mercy on us
Lord have mercy, Christ have mercy*

*Lord have mercy on us x3*

 *[There is a Fountain Filled with Blood](https://www.youtube.com/watch?v=tSiIwCmlFaM&list=PL2lz0X4NXQXVZIV1Y8gEpuouY0OUSXx0f&index=2)*

*There is a fountain filled with blood drawn from Emmanuel’s veins
And sinners plunged beneath that flood lose all their guilty stains
Lose all their guilty stains, lose all their guilty stains
And sinners plunged beneath that flood lose all their guilty stains*

 *The dying thief rejoiced to see that fountain in his day
And there have I, though vile as he, washed all my sins away
Washed all my sins away, washed all my sins away
And there have I, though vile as he, washed all my sins away*

*Dear dying Lamb, Thy precious blood shall never lose its pow’r
Till all the ransomed church of God be saved, to sin no more
Be saved, to sin no more, be saved, to sin no more
Till all the ransomed church of God be saved, to sin no more*

*E’er since by faith I saw the stream Thy flowing wounds supply
Redeeming love has been my theme, and shall be till I die
And shall be till I die, and shall be till I die Redeeming love has been my theme, and shall be till I die*

*When this poor lisping, stammering tongue lies silent in the grave
Then in a nobler, sweeter song, I’ll sing Thy pow’r to save I’ll sing Thy pow’r to save, I’ll sing Thy pow’r to save Then in a nobler, sweeter song, I’ll sing Thy pow’r to save*

**THANKSGIVING**

* **Pray Scripture**

It is good to give thanks to the Lord,
    to sing praises to your name, O Most High;
to declare your steadfast love in the morning,
    and your faithfulness by night,
to the music of the lute and the harp,
    to the melody of the lyre.
For you, O Lord, have made me glad by your work;
    at the works of your hands I sing for joy. (Psalm 92:1-4)

“Oh give thanks to the Lord, for he is good,
    for his steadfast love endures forever!
Let the redeemed of the Lord say so,
    whom he has redeemed from trouble
and gathered in from the lands,
    from the east and from the west,
    from the north and from the south….

Some were fools through their sinful ways,
    and because of their iniquities suffered affliction;
they loathed any kind of food,
    and they drew near to the gates of death.
Then they cried to the Lord in their trouble,
    and he delivered them from their distress.
He sent out his word and healed them,
    and delivered them from their destruction.
Let them thank the Lord for his steadfast love,
    for his wondrous works to the children of man!
And let them offer sacrifices of thanksgiving,
    and tell of his deeds in songs of joy! (Psalm 107:1-3, 17-22)

Oh give thanks to the Lord; call upon his name;
    make known his deeds among the peoples!
Sing to him, sing praises to him;
    tell of all his wondrous works!
Glory in his holy name;
    let the hearts of those who seek the Lord rejoice!
Seek the Lord and his strength;
    seek his presence continually! (Psalm 105:1-4)

* **Pray a Prayer of Thanksgiving Pray a Liturgy of Thanksgiving with Another**

O MY GOD, Thou fairest, greatest, first of all objects, my heart admires, adores, loves thee, for my little vessel is as full as it can be, and I would pour out all that fullness before thee  in ceaseless flow.
When I think upon and converse with thee ten thousand delightful thoughts spring up,  ten thousand sources of pleasure are unsealed,
  ten thousand refreshing joys spread over my heart, crowding into every moment of happiness.
I bless thee for the soul thou hast created, for adorning it, sanctifying it,
    though it is fixed in barren soil;
  for the body thou hast given me,
  for preserving its strength and vigour, for providing senses to enjoy delights, for the ease and freedom of my limbs, for hands, eyes, ears that do thy bidding; for thy royal bounty providing my daily support,
  for a full table and overflowing cup,
  for appetite, taste, sweetness,
  for social joys of relatives and friends, for ability to serve others,
  for a heart that feels sorrows and necessities, for a mind to care for my fellow-men, for opportunities of spreading happiness around,
  for loved ones in the joys of heaven,  for my own expectation of seeing thee clearly. I love thee above the powers of language
    to express,  for what thou art to thy creatures.
Increase my love, O my God, through time and eternity.[[5]](#footnote-5)

Leader: Christ, Our closest companion,

**People: For the consolations of friendship and fellowship,**

For the blessings of family and of the family of God,

**For the assurance that we do not walk this week’s road alone.**

But are gathered in community, making good pilgrimage together through this life and towards the eternal city,

**We thank you.**

For the tender care displayed in all the gifts and friends now before us,

**We offer you our praise.**

How blessed we are to be called your children.

How blessed to be adopted into your family.

**Blessed be your name, O God,**

**Father, Son, and Holy Spirit.**

**Amen.[[6]](#footnote-6)**

* **Pray Your Own Words of Thanksgiving**

Father, I thank you for . Thank you, Father!

Jesus, I thank you because . Thank you, Jesus!

Spirit, I thank you because you . Thank you, Spirit!

* **Pray a Hymn of Thanksgiving**

*[How Firm a Foundation](https://www.youtube.com/watch?v=umq8doYPSdY)*

*How firm a foundation, you saints of the Lord,
is laid for your faith in his excellent Word!
What more can he say than to you he has said,
to you who for refuge to Jesus have fled?*

*"Fear not, I am with you, O be not dismayed;
for I am your God, and will still give you aid;
I'll strengthen you, help you, and cause you to stand,
upheld by my righteous, omnipotent hand.*

*"When through the deep waters I call you to go,
the rivers of sorrow shall not overflow;
for I will be with you, your troubles to bless,
and sanctify to you your deepest distress.*

*"When through fiery trials your pathway shall lie,
my grace, all-sufficient, shall be your supply;
the flame shall not hurt you; I only design
your dross to consume and your gold to refine.*

*"E'en down to old age all my people shall prove
my sovereign, eternal, unchangeable love;
and when hoary hairs shall their temples adorn,
like lambs they shall still in my bosom be borne.*

*"The soul that on Jesus has leaned for repose,
I will not, I will not desert to his foes;
that soul, though all hell should endeavor to shake,
I'll never, no never, no never forsake."*

*[It is Well with My Soul](https://www.youtube.com/watch?v=nz3_ZQjk5RE)*

*When peace like a river attendeth my way
When sorrows like sea billows roll
Whatever my lot, Thou hast taught me to say
It is well, it is well with my soul

It is well with my soul
It is well with my soul
It is well, it is well with my soul

Though Satan should buffet, though trials should come
Let this blest assurance control
That Christ has regarded my helpless estate
And has shed His own blood for my soul

My sin, oh the bliss of this glorious thought
My sin, not in part, but the whole
Is nailed to the cross, and I bear it no more
Praise the Lord, praise the Lord, O my soul

And Lord, haste the day when my faith shall be sight
The clouds be rolled back as a scroll
The trump shall resound, and the Lord shall descend
Even so, it is well with my soul*

**SUPPLICATION**

* **Pray Scripture**

“But as for me, my prayer is to you, O Lord.
 At an acceptable time, O God, in the abundance of your steadfast love answer me in your saving faithfulness.
Deliver me from sinking in the mire;
let me be delivered from my enemies
    and from the deep waters.
Let not the flood sweep over me,
    or the deep swallow me up,
    or the pit close its mouth over me.

Answer me, O Lord, for your steadfast love is good;
    according to your abundant mercy, turn to me.
Hide not your face from your servant,
    for I am in distress; make haste to answer me.

Draw near to my soul, redeem me;
    ransom me because of my enemies!” (Psalm 69:13-19)

“Say also: “Save us, O God of our salvation,
    and gather and deliver us from among the nations,
that we may give thanks to your holy name
    and glory in your praise.
Blessed be the Lord, the God of Israel,
    from everlasting to everlasting!” Then all the people said, “Amen!” and praised the Lord.” (1 Chronicles 16:35-36)

“For we do not want you to be unaware, brothers, of the affliction we experienced in Asia. For we were so utterly burdened beyond our strength that we despaired of life itself. Indeed, we felt that we had received the sentence of death. But that was to make us rely not on ourselves but on God who raises the dead. He delivered us from such a deadly peril, and he will deliver us. On him we have set our hope that he will deliver us again. You also must help us by prayer, so that many will give thanks on our behalf for the blessing granted us through the prayers of many.” (2 Corinthians 1:8-11)

Pray then like this: “Our Father in heaven,
hallowed be your name.
Your kingdom come,
your will be done,
on earth as it is in heaven.” (Matthew 6:9-10)

* **Pray a Prayer of Supplication *Pray a Liturgy of Supplication with Another***

FATHER OF MERCIES, Hear me for Jesus’ sake. I am sinful even in my closest walk with thee; it is of thy mercy I died not long ago;
Thy grace has given me faith in the cross by which thou hast reconciled thyself to me and me to thee,
drawing me by thy great love,
reckoning me as innocent in Christ though guilty in myself.
Giver of all graces, I look to thee for strength to maintain them in me, for it is hard to practise what I believe. Strengthen me against temptations. My heart is an unexhausted fountain of sin, a river of corruption since childhood days, flowing on in every pattern of behavior;

Thou hast disarmed me of the means in which I trusted, and I have no strength but in thee. Thou alone canst hold back my evil ways, but without thy grace to sustain me I fall. Satan’s darts quickly inflame me, and the shield that should quench them easily drops from my hand: Empower me against his wiles and assaults. Keep me sensible of my weakness, and of my dependence upon thy strength. Let every trial teach me more of thy peace, more of thy love. Thy Holy Spirit is given to increase thy graces, and I cannot preserve or improve them unless he works continually in me. May he confirm my trust in thy promised help, and let me walk humbly in dependence upon thee, for Jesus’ sake.[[7]](#footnote-7)

*Leader: O God, Our Rock,*

*People:* ***Hold unto us in this chaos.***

*O Christ our King,*

***calm us in this storm.***

*O Holy Spirit,*

***Intercede for us****.*

*Be merciful,*

***most merciful God!***

*O God our Rock,*

***hold us in the chaos***

***of this hard hour.***

*O Christ our King,*

***calm us in the storm***

***of our distress.***

*O Holy Spirit,*

***Intervene***

***And intercede.***

***We need you now,***

***Most merciful God.[[8]](#footnote-8)***

* **Pray Your Own Words of Supplication**

Good Shepherd, I need . Please faithfully provide and protect!

Father, please help my family with Please help my family!

Jesus, please help my church . Please help my church!

Spirit, please reveal who you are and open the eyes of . Please save!

Lord, Please help the leaders of my organization, local community, state and country by . Please govern, lead, and protect!

* **Pray a Hymn of Supplication**

*[Come Thy Fount](https://www.youtube.com/watch?v=pWeBI3u_wBc)*

*Come, Thou Fount of every blessing
Tune my heart to sing Thy grace
Streams of mercy never ceasing
Call for songs of loudest praise
Teach me some melodious sonnet
Sung by flaming tongues above
Praise the name! I’m fixed upon it
Name of Thy redeeming love

Hitherto Thy love has blessed me
Thou hast brought me to this place
And I know Thy hand will bring me
Safely home by Thy good grace
Jesus sought me when a stranger
Wandering from the fold of God
He, to rescue me from danger
Interposed His precious blood

Oh to grace how great a debtor
Daily I’m constrained to be
Let Thy goodness, like a fetter
Bind my wandering heart to Thee
Prone to wander, Lord, I feel it
Prone to leave the God I love
Here’s my heart, oh take and seal it
Seal it for Thy courts above

Oh that day when freed from sinning
I shall see Thy lovely face
Full arrayed in blood-washed linen
How I’ll sing Thy sovereign grace
Come, my Lord, no longer tarry
Bring Thy promises to pass
For I know Thy pow’r will keep me
Till I’m home with Thee at last*

[*Be Thou My Vision*](https://www.youtube.com/watch?v=R9Hv5qTmevY)

*Be Thou my vision, O Lord of my heart;
Naught be all else to me, save that Thou art. Thou my best thought, by day or by night, Waking or sleeping, Thy presence my light.*

*Be Thou my Wisdom, and Thou my true Word; I ever with Thee and Thou with me, Lord; Thou my great Father, I Thy true son; Thou in me dwelling, and I with Thee one.*

*Riches I heed not, nor man’s empty praise, Thou mine inheritance, now and always: Thou and Thou only, first in my heart, High King of heaven, my treasure Thou art.
High King of heaven, my victory won,
May I reach heaven’s joys, O bright heaven’s Sun!
Heart of my own heart, whatever befall,
Still be my vision, O Ruler of all.*

1. The Valley of Vision- “The All-Good” [↑](#footnote-ref-1)
2. Douglas McKelvey, Every Moment Holy: A Liturgy of “Praise to the King of Creation” [↑](#footnote-ref-2)
3. The Valley of Vision- “Penitence” [↑](#footnote-ref-3)
4. Douglas McKelvey, Every Moment Holy: A Liturgy for one “Battling a Destructive Desire.” [↑](#footnote-ref-4)
5. The Valley of Vision- “Praise and Thanksgiving” [↑](#footnote-ref-5)
6. Adapted from Douglas McKelvey, Every Moment Holy: A Liturgy for “Tuesday’s Table Blessing” [↑](#footnote-ref-6)
7. The Valley of Vision- “Grace in Trials” [↑](#footnote-ref-7)
8. Douglas McKelvey, Every Moment Holy: “A Liturgy for Moments of Emergency” [↑](#footnote-ref-8)